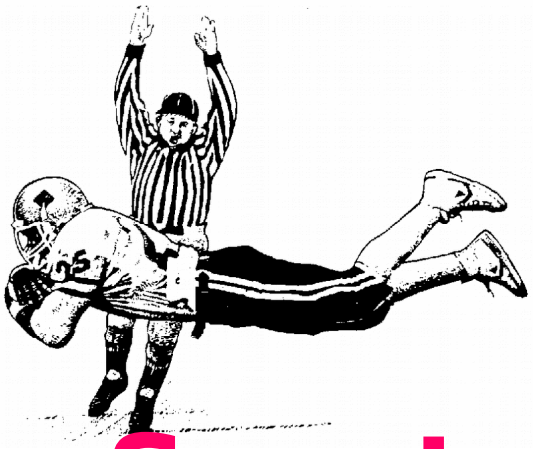
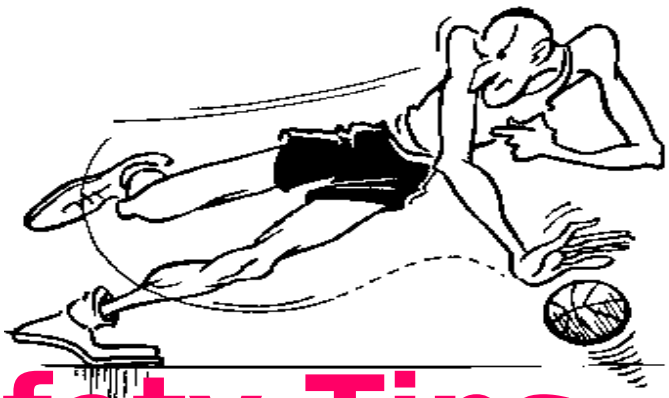




Sports Safety Tips

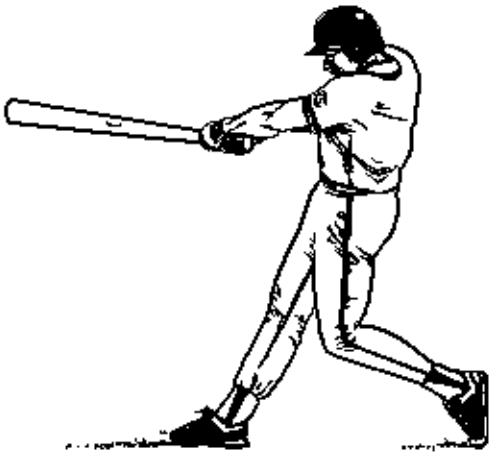
Warm up before participating in any sport.

Master the techniques of the sport.

Stay in good physical shape.

Be adequately equipped for the sport.

Know & practice the safety rules of the sport.



Use these 5 safety tips to help reduce the hazards and prevent injuries when participating in sports activities.